

COURSE OUTLINE METHODOLOGY OF RHYTHMIC GYMNASTICS EXERCISES

1. GENERAL

SCHOOL	PHYSICAL EDUCATION, SPORT SCIENCE AND OCCUPATIONAL THERAPY		
DEPARTMENT	PHYSICAL EDUCATION AND SPORT SCIENCE		
LEVEL OF STUDIES	ISCED level 6 – Bachelor's or equivalent level		
COURSE CODE	C671	SEMESTER	5th
COURSE TITLE	METHODOLOGY OF RHYTHMIC GYMNASTICS EXERCISES		
TEACHING ACTIVITIES <i>If the ECTS Credits are distributed in distinct parts of the course e.g. lectures, labs etc. If the ECTS Credits are awarded to the whole course, then please indicate the teaching hours per week and the corresponding ECTS Credits.</i>		TEACHING HOURS PER WEEK	ECTS CREDITS
		3	6
<i>Please, add lines if necessary. Teaching methods and organization of the course are described in section 4.</i>			
COURSE TYPE <i>Background, General Knowledge, Scientific Area, Skill Development</i>	SPECIALIZATION		
PREREQUISITES:	YES		
TEACHING & EXAMINATION LANGUAGE:	GREEK ENGLISH (ERASMUS STUDENTS)		
COURSE OFFERED TO ERASMUS STUDENTS:	YES		
COURSE URL:			

2. LEARNING OUTCOMES

Learning Outcomes <i>Please describe the learning outcomes of the course: Knowledge, skills and abilities acquired after the successful completion of the course.</i>
<p>Upon the completion of this course the female students will be able to:</p> <ul style="list-style-type: none"> • <i>know the methodology of technical groups without and with apparatus exercises (rope, hoop, ball, clubs, ribbon)</i> • <i>perform with more stability and coordination with and without five apparatus elements (rope, hoop, ball, clubs, ribbon)</i> • <i>identify the specialized teaching principles of the sport</i> • <i>design an individual competitive routine with musical accompaniment using the five apparatus (rope, hoop, ball, clubs, ribbon) in novice athletes.</i> • <i>This course aims to teach the methodology of exercises without and with apparatus (ball, hoop, ribbon) in students of specialization in Rhythmic Gymnastics. Knowledge of choreographic preparation in Rhythmic Gymnastics is an important module because the students learn the correct posture of the body, improve the technical elements and develop strength, flexibility, balance and agility. Learning of the above chorographical elements prepares the students to perform better the routines with the</i>

apparatus. Also, technical elements taught in detail, from simple combinations to more complex choreographic forms, with musical accompaniment.

General Skills

Name the desirable general skills upon successful completion of the module

<i>Search, analysis and synthesis of data and information, ICT Use</i>	<i>Project design and management</i>
<i>Adaptation to new situations</i>	<i>Equity and Inclusion</i>
<i>Decision making</i>	<i>Respect for the natural environment</i>
<i>Autonomous work</i>	<i>Sustainability</i>
<i>Teamwork</i>	<i>Demonstration of social, professional and moral responsibility and sensitivity to gender issues</i>
<i>Working in an international environment</i>	<i>Critical thinking</i>
<i>Working in an interdisciplinary environment</i>	<i>Promoting free, creative and inductive reasoning</i>
<i>Production of new research ideas</i>	

- *Search, analysis and synthesis of data and information, ICT Use*
- *Production of new research ideas*
- *Adaptation to new situations*
- *Decision making*
- *Autonomous work*
- *Teamwork*
- *Working in an interdisciplinary environment*
- *Project design and management*
- *Equity and Inclusion*
- *Demonstration of social, professional and moral responsibility and sensitivity to gender issues*
- *Critical thinking*
- *Promoting free, creative and inductive reasoning*

3. COURSE CONTENT

1. *The usefulness of choreographic preparation in Rhythmic Gymnastics. Basic concepts of choreographic preparation (posture, positions of feet & hands, en dehors and en dedans)*
2. *Exercises in the barre - Practice Center*
3. *Flexibility exercises (barre and center)*
4. *Technical analysis and types of rhythmic movements in space. Methodology of teaching rhythmic movements*
5. *Methodology for flexibilities/waves (hands, trunk, body) - Difficulties*
6. *Basic choreographic preparation for the balances. Technical analysis of balances. Methodology of balances - Difficulties*
7. *Fundamentals choreographic preparation for pivots. Technical analysis of pivots. Methodology of pivots - Difficulties*
8. *Jumps and Leaps in Rhythmic Gymnastics. Technical analysis of jumps and leaps. Methodology of jumps and leaps – Difficulties. Fundamentals*

choreographic preparation for jumps and leaps

9. *Methodology of pre-acrobatic elements. Technical analysis of pre-acrobatic elements – Difficulties*
10. *Methodology of ball exercises technical groups (grips, swings, circles, figure eights, bounces, free rolls over the body or on the floor, throws, lockups)*
11. *Methodology of hoop exercises technical groups (grips, swings, circles, rotations, figure eights, free rolls over the body or on the floor, jumps or leaps over or into the hoop, throws and catches).*
12. *Methodology of ribbon exercises technical groups (grips, swings, circles, thrusts, figure eights, snakes and spirals, passing through or over the pattern formed by the ribbon with the whole body or a part of the body, throws and catches, boomerang throws, grips, swings, circles in different levels).*
13. *Exercise combinations with the give apparatus (ball, hoop, ribbon).*

4. LEARNING & TEACHING METHODS - EVALUATION

TEACHING METHOD <i>Face to face, Distance learning, etc.</i>	Face to face lectures and practical applications	
USE OF INFORMATION & COMMUNICATIONS TECHNOLOGY (ICT) <i>Use of ICT in Teaching, in Laboratory Education, in Communication with students</i>	Use of ICT in Teaching and Communication with students <ul style="list-style-type: none"> digital slides video MsTeams/ e-class, webmail 	
TEACHING ORGANIZATION <i>The ways and methods of teaching are described in detail.</i> <i>Lectures, Seminars, Laboratory Exercise, Field Exercise, Bibliographic research & analysis, Tutoring, Internship (Placement), Clinical Exercise, Art Workshop, Interactive learning, Study visits, Study / creation, project, creation, project. Etc.</i> <i>The supervised and unsupervised workload per activity is indicated here, so that total workload per semester complies to ECTS standards.</i>	Activity	Workload/semester
	Lectures	39
	Field Exercise	40
	Study and written assignments	65
	Written assignments of cognitive assessment	3
	Final examinations	3
	Total	150
STUDENT EVALUATION <i>Description of the evaluation process</i> <i>Assessment Language, Assessment Methods, Formative or Concluding, Multiple Choice Test, Short Answer Questions, Essay Development Questions, Problem Solving, Written Assignment, Essay / Report, Oral Exam, Presentation in audience, Laboratory Report, Clinical examination of a patient, Artistic interpretation, Other/Others</i> <i>Please indicate all relevant information about the course assessment and how students are</i>	Final written examination (40%) Practical examination (30%) Intermediate evaluation with written assignments of cognitive assessment (15%) Written assignment (15%)	

5. SUGGESTED BIBLIOGRAPHY

1. Nadejda Jastrjemskaia & Yuri Titov (2019). *Rhythmic Gymnastics*, Translated by E. Giannitsopoulou & V. Zisi, University Studio Press Publications, Thessaloniki.
2. Papanikolaou Ch. (2009). *With music in motion: Games Music (Book with 2 CD)*, MOTIVO Publishing Inc, Athens.

ANNEX OF THE COURSE OUTLINE

Alternative ways of examining a course in emergency situations

Teacher (full name):	Alexandra Avloniti, Associate Professor
Contact details:	alavloni@phyed.duth.gr
Supervisors: (1)	NO
Evaluation methods: (2)	Written Assignment (25%). Mid-term exams with written cognitive assessment tests (15%). Written examination with distance learning methods (60%).
Implementation Instructions: (3)	<p>The written assignment should be submitted via e-class on a specified date.</p> <p>The examination in the course will be carried out in subgroups of users in the e-class, depending on the number of participants in the course, on the day according to the examination program announced by the Secretariat. The exam will be conducted through Teams. The link will be sent to students via e-class exclusively to the institutional accounts and they will have informed them of the terms of distance methods.</p> <p>Students will have to log in to the examination room through their institutional account, otherwise they will not be able to participate. They will also take part in the examination with a camera, which they will have open during the examination. Before the start of the exam, students will show their identity to the camera, so that they can be identified.</p> <p>Each student should answer multiple choice questions, free text development, critical thinking. Each of the questions is graded from 0.5 to 2.0 points depending on the question category.</p>

